

# The "Roots" of a Successful Family History Intervention in Utah



## Family High Risk Program (FHRP) background

- Implemented from 1983-1999 in 10th grade health education classes
- Identified families at high risk for chronic diseases that could be prevented, delayed, or treated effectively with early interventions
- Health Family Tree (HFT) tool used to collect three generations of family medical history from students
- HFT analyzed by researchers and a computerized report was sent to consenting students and families describing any risk they may have for a particular disease
- If family was considered "high risk" public health nurses from local health departments provided follow up interventions
- Interventions included in-home visits, medical screenings, referral to health care providers and education on lifestyle behaviors

## Partners of the FHRP

- Utah Department of Health Cardiovascular Disease Program
- University of Utah School of Medicine Cardiovascular Genetics Research Clinic
- Baylor College of Medicine
- Local health departments
- Local school districts

## Three consent options were given to students and families

- Option 1** – full participation in program; HFT analyzed, computer report sent to families, received interventions, names and contact info kept at UCVG
- Option 2** – partial participation in program; HFT analyzed but no computer report sent to family, no interventions, names and contact info kept at UCVG
- Option 3** – non participation in program; students completed alternate assignments

## FHRP statistics

- Cost for each student was less than \$10 (doesn't include interventions)
- Cost for each high risk family was \$27 (includes interventions)
- 80,611 useable HFTs collected
- 151,188 Utah families participated
- 8,546 families identified as high risk
- 90% of high risk families received interventions

**1**  
**YOU**

Name \_\_\_\_\_

☐ Male  
☐ Female

Year of birth \_\_\_\_\_ Age \_\_\_\_\_

Has he/she ever been told BY A DOCTOR that he/she suffers from any of the following health problems?

YES	NO	AGE AT FIRST NOT SURE DIAGNOSIS	Condition
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack (hospitalized)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Coronary bypass surgery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rheumatic or other heart disease
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stroke
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Breast cancer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Colon cancer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hip fracture
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Asthma
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Alzheimer's disease
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure (on medication)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	High blood cholesterol
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes

### CIGARETTE SMOKING

- ☐ Smoker: Has smoked cigarettes regularly for at least 1 year  
☐ Ex-smoker: Stopped for at least 1 year after smoking regularly  
☐ Non-smoker: Never smoked cigarettes regularly  
☐ Not Sure

IF SMOKER OR EX-SMOKER mark average amount smoked

- ☐ Less than 1 pack a day  
☐ About 1 pack a day  
☐ More than 1 pack a day

### USUAL WEIGHT

- ☐ Slender or average  
☐ 50-99 lbs. overweight  
☐ 10-49 lbs. overweight  
☐ Over 100 lbs. overweight  
☐ Not Sure

ALCOHOLIC BEVERAGES  
(beer, wine, liquor)?

- ☐ Regularly  
☐ Never  
☐ Sometimes  
☐ Former  
☐ Not Sure

Vigorous ROUTINE EXERCISE at least 3 times per week?  
☐ Yes ☐ No ☐ Not Sure

**For more information contact the Utah Department of Health,  
Chronic Disease Genomics Program at (801) 538-9416 or jennyjohnson@utah.gov**